



Hi Guys!

Welcome to the December edition of the Robinson Fitness monthly newsletter. Here is an insight into what's going on at Robinson Fitness, providing some handy hints and tips to ensure your success.

First of all, Merry Christmas from Robinson Fitness and Happy New Year!!!

December so far has been an extremely enjoyable month for Tom, with clients Ify, Chloe and Laura all losing just over a stone in 4 – 6 weeks, following structured nutrition programmes. Exercising 3+ a week has ensured their results! With Alice and Paula also continuing their weight loss work it should be a great 2011 for Robinson Fitness.

My own personal fitness has taken another change with the progression from lifting heavy weights now to strictly TRX Training, MMA and Triathlon I should have an exciting start 2011!!

Core Training

I have recently started using my TRX Suspension Trainer a lot more in my individual PT sessions, receiving some great feedback and results for all round shaping, core and toning.

Sit ups and crunches are replaced by more functional suspended core exercises. Core training while standing is a major advantage of using the TRX. Your core works to resist rotation and extension, transmit power from your legs to your arms and also drives rotational movements.

Running Club at Fitness First, Streatham

Robinson Fitness is pleased to announce the start of a running club at Fitness First, Streatham. Running once a week on Saturdays at 10.00am, meeting in Fitness First reception! Aiming to provide a great opportunity for clients to kick start their fitness, improve energy levels and meet other like minded people!

RUNNING CLUB, EVERY SATURDAY 10.00AM!! DONT MISS OUT!

*****AMAZING NEW DEAL FOR EXISTING CLIENTS*****

Get 2 free sessions with Tom for every person you refer! For example refer 10 people = 20 PT sessions

www.robinsfitness.co.uk

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'Some people want it to happen, some people wish it would happen, other makes it happen'



Tom's Tip

Omega-3 Fatty Acids from pharmaceutical grade fish oils are the most valuable supplement you can take. Fish oils will help burn fat and prevent fat gain. They improve serotonin levels (mood), make it easier to move nutrients in and out of cell walls, reduce joint inflammation, decrease the amount of sugar your body will absorb, improves blood pressure and decrease insulin output when taken with a meal.

Tom's Workout

Three rounds for time of:

Run 400 metres

15 Pull-ups

50 Squats

15 Pull-ups

For further information including Meal Diaries, Food Planners and Information contact Tom

Committed to your success,

Tom Robinson

P.S Robinson Fitness is better for than any Fitness video, and he's interactive!

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